

## CLAIMS

I claim:

1. A composition for enhanced mental function, wherein the composition comprises:
  - 5 a. vitamin B12 on ion exchange resin;
  - b. phosphatidyl serine (PS);
  - c. dimethyl-aminoethanol (DMAE);
  - d. docosahexaenoic acid (DHA);
  - e. L-pyroglutamic acid; and
  - 10 f. herbal extracts from *Bacopa monniera*.
2. The composition of claim 1 further comprising at least one antioxidant complex selected from the group consisting of Vitamin A, Vitamin E, Vitamin C and proanthocyanidin.
3. The composition of claim 2 wherein the antioxidant is proanthocyanidin that is  
15 derived from the grape or the seed of *Vitis vinifera*.
4. The composition of claim 1 further comprising at least one mineral complex selected from the group consisting of calcium, copper, iron, iodine, lithium, magnesium, manganese, potassium, vanadium and zinc.
5. The composition of claim 4 wherein the mineral complex comprises  
20 magnesium, calcium, zinc and iron.
6. The composition of claim 5 wherein the magnesium, calcium, zinc and iron are present as Krebs Cycle Intermediates.

7. The composition of claim 1 wherein the composition further comprises at least one B-complex Vitamin selected from the group consisting of Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5 and Vitamin B6.
8. The composition of claim 1 further comprising an herbal extract wherein the herb is selected from the group consisting of *Vinca Minor*, *Huperzia serrata* and *Vaccinium myrtillus*.
9. A method of improving mental performance comprising administering a daily supplement consisting of one serving (4 tablets) of the composition of claim 1.
10. A method of improving mental performance comprising administering a supplement consisting of one serving (4 tablets) of the composition of claim 1 twice daily.
11. A composition comprising the ingredients of Formula I.
12. A composition comprising the ingredients of Formula II.
13. A method of improving mental performance comprising administering a daily supplement consisting of one serving (4 tablets) of the composition of claim 11 or 12.
14. A method of improving mental performance comprising administering a daily supplement consisting of two servings (4 tablets twice daily) of the composition of claims 11 or 12.